



State of South Carolina
Office of The Lieutenant Governor

André Bauer
Lieutenant Governor

Office on Aging
Cornelia D. Gibbons
Director

Media Advisory:
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Contact: Frank Adams
(803) 734-9912
adams@aging.sc.gov

or: David Lucas
(803) 734-9917
dlucas@aging.sc.gov

**“You Can!” Walk in North Charleston Will
Emphasize Healthy Choices for Seniors**

- **Who:** Hundreds of seniors and aging advocates from around the tri-county area will be joined by Lt. Governor André Bauer and local area officials at this event.
- **What:** The “You Can! Steps to Healthier Aging” campaign was developed by the U.S. Administration on Aging to promote awareness of the role that exercise, nutrition and other healthy lifestyle choices can play in helping people live longer and better. The walk route will cover approximately one-half mile around the park and grounds of the Felix Davis Community Center. Inside the Center, refreshments will be served to all participants and numerous agencies will be on hand with information about nutrition, wellness and aging services. Highlights include recipes and meal planning from the Berkeley County Clemson Extension Office, and help with applying for the new Medicare prescription drug benefit provided by the Lt. Governor’s Office on Aging’s I-CARE insurance counseling program and the Social Security Administration.

Busses from the Berkeley-Charleston-Dorchester RTMA will provide transportation to participants from the Moncks Corner and Summerville areas. Contact the Trident AAA office at (843) 554-2275 for additional ride information.

- **When:** Friday, August 26, 9:00 AM - 11:00AM
- **Where:** Felix Davis Community Center, 4800 Park Circle, North Charleston.